



School for Outdoor Leadership, Adventure, and Recreation www.solaroutdoors.org

Red River Gorge Camping

by Mary Bogush



Red River Gorge Waterfall

A group of six SOLARITES camped out for Memorial Weekend at the lovely Lago Linda campground near Beattyville Kentucky. Lago Linda means "pretty lake" in Spanish. Four of us, Mike Strawn, Linda Rosa, Grey Ivanov, and Mary Bogush, arrived Friday evening, set up tents and went to sleep. When we awoke at 7:30 a.m., we were surprised to see Tiffany McLean and her brother Dillon arriving to the campsite somewhat muddy. They certainly experienced more adventure than the rest of us. They had actually arrived earlier at 3:30 a.m., but in the pitch black night, Tiffany took a wrong turn down a steep muddy hill. When she tried to make it back up the hill, her car slid backwards down a ravine and almost into a lake. It took poor Tiff and Dillon four

SOLAR Ray Contents

Red River Gorge Camping	1
Education Department Initiatives	4
Calendar	5
Annual SOLAR Gear Swap	6
From the Program Director	7
Reward to Jonnie Kostishak	7
Whitewater Rafting & Gauley Festival	8
Moosejaw Discount	8
Colorado Hiking Trip	9
Summer Canoeing	10
Keeping Dry Tips	10
Food on the Trail	11
SOLAR Club Information	12

Red River Gorge Camping cont'd



Grey, Mary, Tiff, Mike & Dillon at Red River

hours with all their energy and muscle by using two-by-fours they snuck from the campground manager's wood pile to slowly get her car out of the muddy mess.

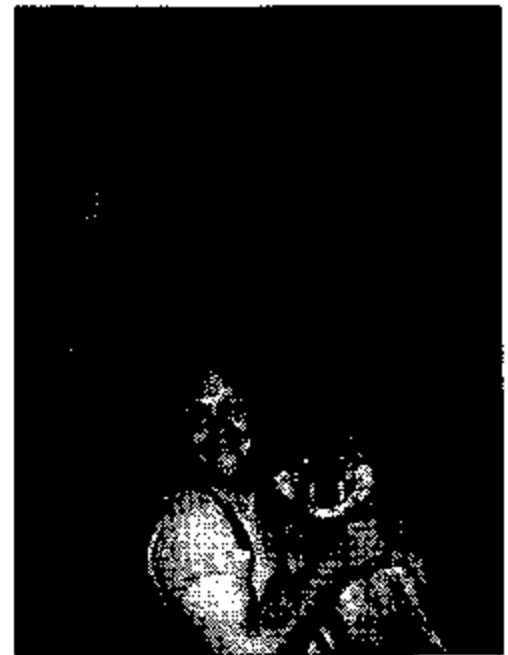
Despite their total lack of sleep, Tiff and Dillon still hiked in Red River Gorge with us on Saturday. All six of us (seven if you count Teddie the dog) hiked the Auxier Branch Trail and the Auxier Ridge Trail where we took in awesome views of Double Arch, Haystack Rock, Court house Rock, Raven Rock and other views of the Red River Gorge Cliffs. The plant life along the trail was gorgeous. We saw many new plants that don't grow in Michigan and which Mary's dog Teddy tried to water along the way! We ended up at Courthouse Rock and climbed on it for awhile.

Upon returning to the campground, we had a small scale SOLAR potluck and were entertained by the campground's farm animals, including some very bold roaming sheep that stole the food off our plates. We could not stop them from eating our food once they got their faces into our plates until Mary released her dog from the car, and he scared them all away. Good Dog. Unfortunately for us the sheep had a protector in the form of a llama. It came out and spit at the dog who turned and ran for cover back in the car.

On Sunday morning, Tiff and Dillon went climbing. The rest of us hiked to the Natural Bridge at Natural Bridge State Park and hiked back on the Battleship Rock trail and the Garden Rock trail in the pouring rain. Linda discovered that Mike's car had a flat tire, so they went to pump up his spare in town before heading off to join other SOLARITES at "Mike's Mountain Barbecue."



Mary, Grey, Mike, Linda, Ram & Ewe



Hero Dog Teddie

Red River Gorge Camping cont'd

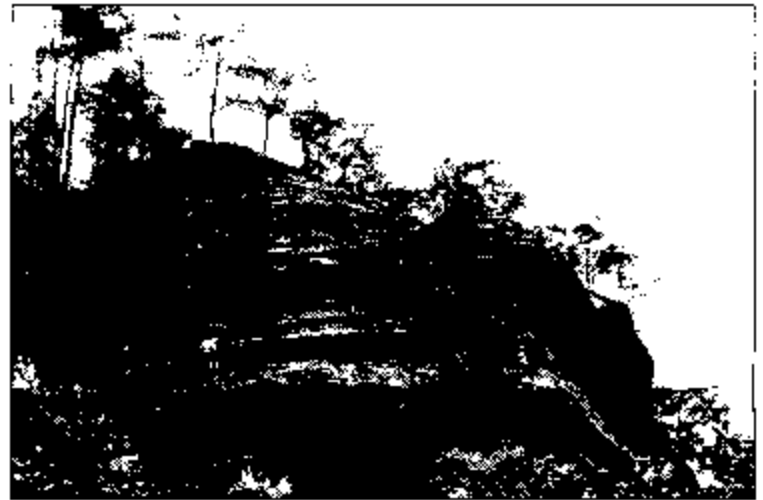


Spitting Llama Guarding Sheep

Memorial Day brought beautiful sunny weather, so before heading back to Michigan, we all decided to take advantage of it. Mike and Linda went to buy a new tire and then hiked a few more trails at Red River Gorge. Tiff and Dillon went back to finish the Via Ferrata course. Grey and Mary went back to Natural Bridge to hike the Balancing Rock Trail before driving home. I hope everyone noticed and heard the cicada explosions on their way back through Ohio because they only emerge every seventeen years.

Tiff and Dillon went to climb on the Via Ferrata. A Via Ferrata is an artificial climb made by drilling steel rods into the rock face that you climb on. You also clip into a safety line. This climb is quite challenging with a lot of exposure under your feet. Both the barbecue and the climb were interrupted by torrential downpours, thunder, lightning and hail. Tiff and Dillon made a safe escape back down despite almost getting hit by lightning.

The campground manager gave us a cabin for that night since the tents were soaked. She then cooked us an old fashioned breakfast in her country cafe in the morning.



Via Ferrata



Gorge Waterfall



Dillon, Tiff, Mike, Dillon, & Teddie at Red River Gorge

Education Department Initiatives

by Gene Cordoba

As you know, SOLAR has a long and distinguished teaching tradition. Education is at the very core of our existence, and club programs and classes have benefited many of us over the years. Many fine, dedicated instructors donate their time and talents to ensure that our members receive the best value in our programs. While we believe we do a great job, we can always improve.

Each of you can help us to improve. Perhaps you have suggestions for improvement, or maybe you think we should offer a new class. You may feel you have some useful materials to donate or lend us. You might even consider becoming an instructor. Even if you just have a concern, question or comment, we want to know. Here are just a few of the initiatives we are pursuing and invite you to participate:

1. **Request for Photos and Videos.** The Education Department is seeking pictures for use in classes, presentations, and special projects. If you have any photos or videotapes which you would like to donate to the cause, send them to us electronically or on disc. We will appreciate the use of them. Please label any picture for the class or trip it represents, when the event took place, and include pertinent details. If your masterpiece is chosen for use, we will provide a credits page to recognize you. While we prefer that you donate your photos, we will return a disc if so requested. E-mail your offerings to lesliegene@aol.com
2. **Request for Student Class Attendance.** Hey, all you SOLAR students past and present. The Education Department will begin requesting information identifying the classes you have taken, including the lead instructor, and date. We will compile a database to showcase the outdoor skills you have learned. In the near future we are going to ask you to fill in a brief questionnaire. Please start to think about this request and do your best to be as accurate as you can, even though we realize that some classes you have taken occurred many years ago. We will either have a paper form to complete or an electronic form on the SOLAR website. Please stay tuned for future information. We will publish the results of those who have taken the most classes after the data are compiled.
3. **Request for Instructor SOLAR Class Experience.** We did not forget about you dedicated SOLAR Instructors. Without you, this club could not function as effectively as it does. Your dedication and commitment has made this club the fantastic teaching organization it is today. We will also ask you to list those classes where you have been a lead or assistant instructor so that we can create a database and make you a permanent part of SOLAR history. As with the students, this will be a paper or electronic form on the website. We want to recognize those of you who have given so much to the club!
4. **Request for Electronic Sources for Education Improvement Archives.** We are making a big push to improve and grow our education database. If anyone has any electronic copies of maps, articles, or stories which you feel may be helpful to our club, please forward those to me at lesliegene@aol.com. Also, please feel free to send me your concerns, questions or comments. We will incorporate your donations and comments into the appropriate electronic file.



Thank you in advance for making these initiatives successful! Your Education Chairperson—Gene.

SOLAR JULY 2004 CALENDAR

School for Outdoor Leadership, Adventure & Recreation

JULY ACTIVITIES

6	TUE	GENERAL MEETING	COLONY HALL	Tom Hayes	thomashayes@wideopenwest.com
		Program: Annual Summer Picnic & Gear Swap		Linda Rodrick	lindamra@aol.com
2-5	WKND	HIKING, BIKING, KAYAKING, CANOEING	Caesar Cr. State Park, OH	Leslie Cordova	lesliegene@aol.com
2-5	WKND	ROCK CLIMBING, HIKING, KAYAKING, CANOEING	Montreal River Harbor, ON	Rick Waller	klymr_reck@msn.com
11	SUN	DROP-IN CANOEING	Kensington	Margaret Martin	mlmpluscat1@cs.com
31	SAT	MOONLIGHT CANOEING **	Proud Lake	Heavner Canoe	248-685-2379
31 Aug 16	MULTI	HIKING- FULL	Switzerland	Lou Szakal	Everest2006@aol.com

Solar Ray Articles are due July 9 for the August issue to Pete Lamb at Petekandu@yahoo.com

AUGUST ACTIVITIES

3	TUE	GENERAL MEETING	COLONY HALL	Tom Hayes	thomashayes@wideopenwest.com
		Program: SOLAR Core Classes Overview		Linda Rodrick	lindamra@aol.com
2-11	MULTI	COLORADO SUMMITS- HIKING	Focky Mts.	Grey Ivanov	greyofk@angelfire.com
6-8	WKND	CANOEING & CAMPING	Pine River	Reggie Hayes	thomashayes@wideopenwest.com
27- Sept.2	MULTI	BACKPACKING	Porcupine Mts.	Dave Sweeton	porkies.z.davesw@spangourmet.com

AUGUST CLASSES

18,25	WED	BASIC BACKPACKING CLASS	TBD	Carol McCririe	cmccririe@sbcglobal.net
-------	-----	-------------------------	-----	----------------	-------------------------

SEPTEMBER ACTIVITIES

3	TUE	GENERAL MEETING	COLONY HALL	Tom Hayes	thomashayes@wideopenwest.com
		Program: Search & Rescue		Linda Rodrick	lindamra@aol.com
3-5	WKND	BICYCLING, WINE TASTING, THEATER	Niagara on the Lake	Tim Klepaczyk	htjestar@yahoo.com
10-12	WKND	DeFRANCE ANNUAL CANOE OUTING	Hale, MI	M & D DeFrance	defranceomnrx@comcast.net
21-26	MULTI	BACKPACKING-FULL	Gila Wild, NM	Dick Ebenhoe	rebenhoe@yahoo.com
24-26	WKND	BIKING MACKINAC	Wilderness St. Pk.	Reggie Hayes	thomashayes@wideopenwest.com
25	SAT	WHITE WATER RAFTING / GAULEY FEST	West Virginia	Linda Hill	riverwoman@comcast.net

SEPTEMBER CLASSES

8,15, 22, 29	WED	BASIC BACKPACKING CLASS	TBD	Carol McCririe	cmccririe@sbcglobal.net
18-19	WKND	BASIC BACKPACKING CLASS PRACTICAL #1	TBD	Carol McCririe	cmccririe@sbcglobal.net

WEEKLY ACTIVITIES

THURSDAYS	ROCK CLIMBING**	Pontiac	Michelle Delaporte	tazspaz2@hotmail.com
	Planet Rock			

FOR INFORMATION ON JOINING THE SOLAR CLUB, CONTACT PENNI LOPEZ (248) 477-7647 OR VISIT WWW.SOLAROUTDOORS.ORG

IF YOU WOULD LIKE TO HELP PLAN AND/OR LEAD A SOLAR ACTIVITY, CONTACT PAM RIEHL SZAKAL AT (248) 585-0367 OR SEND EMAIL TO solaractivities@netscape.net

SOLAR HAS A NO-REFUND POLICY. IF YOU ARE UNABLE TO ATTEND AN ACTIVITY YOU MAY "SELL YOUR SPOT" TO ANOTHER CLUB MEMBER

** DENOTES NON-SOLAR ACTIVITY (Solar will not be held responsible for these activities)



ANNUAL SOLAR GEAR SWAP



& SUMMER BARBEQUE

**TUESDAY, JULY 6, 2004
COLONY HALL, SOUTHFIELD**

- Do you have outdoor gear you no longer use?
- Have you acquired several of the same items over the years?
- Would you like to clean out your closets and help other SOLARITES acquire needed gear?

WELL HERE IS YOUR CHANCE!!!

**BRING YOUR UNWANTED OUTDOOR GEAR FOR SALE OR BARTER TO THE
JULY MEETING.**

**AND THERE'S EVEN MORE FUN!
ALSO FEATURING THE SOLAR SUMMER BARBECUE-
A GREAT OPPORTUNITY TO SOCIALIZE**

**SOLAR PROVIDES THE MAIN COURSE AND BASICS
PLEASE BRING A SIDE DISH TO PASS- DESSERT, SALADS, ETC.**

**Any questions, contact Linda Rodrick at:
LINDAMRA@aol.com or 248-673-4842**

***SOLAR TAKES NO RESPONSIBILITY FOR WARRANTY, GUARANTEE, QUALITY,
PRICE OR SATISFACTION OF THIS OUTDOOR GEAR.**

From the SOLAR Program Director

Linda Rodrick

JULY PROGRAM

Annual Picnic & Gear Swap

Please bring you unwanted, outdoor gear to swap,
A dish (salad, dessert, etc.) to pass & a barbecue grill if possible.

UPCOMING PROGRAMS

August: Annual Core Class Presentation by all Instructors

September: Search and Rescue by George Usitalo Jr.

October: Bats Presentation by the Organization for Bat Conservation

November: SOLAR Trip Presentation (IBA)

December: Annual Holiday Bash

Please Note: All programs will take place at Colony Hall
Immediately following the SOLAR Business meeting.

SOLAR Member Jonnie Kostishak— a Winner of 2004 REI President's Anderson Award



As one of ten Anderson Award winners among REI employees nationwide, Jonnie Kostishak has been rewarded for the following (as reported in the March REI GPS newsletter).

Jonnie Kostishak has worked in just about every area of the Northville store, including Paddling, Cycling, Snowsports, Footwear, Clothing and Travel, since joining REI in March of 1999. Now Jonnie is bringing her skills to Customer Service.

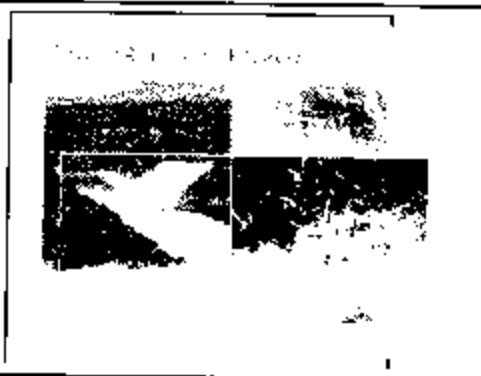
Jonnie's favorite part of her job is her interaction with customers. "For me, it's a win-win situation. I get to learn with customers—where they're going, what they're involved in—and what they can learn from me."

"She has an excellent way with customers, showing them patience and offering them a listening ear," says Northville store manager Alison Washburn. "She does her best to get them what they need."

Jonnie's favorite outdoor activities include camping, canoeing, Nordic skiing and cycling. She also volunteers with the School of Outdoor Leadership Adventure and Recreation (SOLAR), the local parks department and a cycling program for people with developmental disabilities.

As an award winner, Jonnie will participate this fall in a nine day REI Adventures Trip through northern Mexico's Copper Canyon where she will ride the Chihuahua al Pacifico Railway, hike and mountain bike into the remote gorges, explore cave homes and Spanish missions, and participate in a service project. Way to go Jonnie!

Solar Tip #3. Bug protection. Before leaving on a trip, spray your clothes with Sawyer Permethrin Tick Repellent to kill ticks and mosquitoes. One application is good for two weeks. Wash clothes at least once before reapplying the treatment.



WHITEWATER RAFTING and the GAULEY FESTIVAL

On the Class 5 **Gauley River** in West Virginia
Saturday, September 25th, 2004

- 5 - 7 hour raft trip
- Upper, Class III - V+ rapids
- Gourmet riverside lunch

"Considered one of the top ten whitewater rivers in the world, the Gauley is West Virginia's legendary run. Each fall, Summersville Dam opens wide to unleash this "Beast of the East." Over the next 22 days of high adventure, thousands of gallons of water per second begin their roaring, pounding journey to the sea dropping 650 feet over 26 miles, thundering and frothing over thousands of boulders, and creating steep drops, massive holes, and colossal waves. Technically demanding, the Gauley offers more than 100 major rapids, 56 of them Class III-V+. So, grab a paddle and a guide, because this is Gauley Season, and to you, it means unmatched and unforgettable excitement."

We will be staying in the outfitter's really nice tent cabins that sleep 4 people each. They each have a large deck with a picnic table, ceiling fans, and lights. There is a new bathhouse with plenty of hot water. You can choose to eat at the outfitter's or bring your own food to prepare at the cabins. Lunch is provided on Saturday.

We will be rafting the Upper Gauley on Saturday and then going to the Gauley Festival in the evening to have some more fun and listen to great rock bands. For Sunday, mountain biking, hiking, rock climbing, and horseback riding are available in the area.

Sign up soon (see below) before the cabin spots are gone!

1. See the outfitter's web site at www.narr.com.
2. Then call NARR at 1-800-950-2585.
3. Tell them you want to be on the 9:00 Upper Gauley trip, Reservation #13792.
4. Provide your credit card number (Total cost with taxes, 2 nights camping, one breakfast and one dinner is \$209.05, or \$191.50 without meals).
5. Write to me that you are going at hill@panasonic.com or riverwoman@comcast.net
6. Get ready to have an awesome time!

Attention SOLARITES

Moosejaw is offering a 10% discount all the time on regularly priced items. Each month on the 15th they are offering a 15% discount on everything but boats. Moosejaw stores are located in Birmingham, Grosse Pointe, East Lansing, Chicago, and Deerfield, IL.

Non-technical Hiking Trip to Colorado—July 31-August 10

by Grey Ivanov



Pikes Peak

While the hiking trip to Colorado is not technical, the mountain elevation requires the hiker to be in reasonably good physical shape. The clearly marked trails and camp sites do not require any special equipment.

Itinerary:

- Starting from the Detroit area on Saturday July 31st, we will be making approximately a 22 hour drive. We will take 4 hour shifts with a good rest every 8 hours, for safety purposes.
- Aug. 1st we set a camp at Manitou Springs at 7400 ft.
- Aug 2nd and 3rd are reserved for acclimatization. Nothing challenging.
- Evening Aug. 3rd we should be at Barr camp at 10,200 ft.
- Aug 4th summit Pikes Peak. Backup possible at any time to Barr camp.
- Aug 5th summit Quandry peak. Backup possible at any time to the trailhead via ascent route.
- Aug 6th climb Mt. Lincoln, Mt. Cameron, Mt. Democrat, Mt. Bross. It is a loop. Backup via ascent route is possible from Mt. Lincoln. Backup to another trailhead is possible from Mt. Cameron and Mt. Democrat. Mt. Lincoln is a decision point, where we will likely turn back if it is too big a challenge.
- Aug 7th summit Mt. Sherman. Backup is possible at any time to the trailhead via ascent route.
- Aug 8th summit Mt. Massive. Backup possible at any time to the trailhead via ascent route.
- Aug 9th summit Mt. Mt. Elbert. Backup possible at any time to the trailhead via ascent route. In case of bad weather or if we need an additional rest day, we can skip Quandry peak, Mt. Sherman, or Mt. Massive.
- Maximum elevation gain is 4,383 feet, planned for the last day when we'll be sufficiently acclimatized.
- Aug 10th is for driving home.

Estimated expenses for this trip are \$400 per person. This amount could be reduced by smart van pooling or increased if severe weather pushes us to an expensive motel. The timing is not carved in stone yet. We are open to suggestions.

I will perform outdoor training for the trip every Saturday at 8:00 a.m. and indoor training every Thursday at 6:00 p.m. Outdoor training is open for everybody. Indoor training requires a membership. In case somebody likes to drive a car or truck to Colorado, I'll help with inspection and maintenance.

Contact:

Grey Ivanov (248) 848-2432 greyofk@highstream.net or **Jason** jason_mi@widenopenwest.com

Canoeing for the Summer

by Margaret Martin

Each month during the warmer seasons this year, a drop-in canoe outing is being held. The plan—we'll meet at the canoe rental at 1 p.m., pay the rental fees, break into groups and have fun on the water.

Bring your own canoe or kayak or rent one here. All skill levels are welcome. This activity is kid and pet friendly, but your kids and pets need to go in YOUR boat. For more information, call Margaret Martin at 734-721-2821 or e-mail at MLMPLUSCATT@cs.com.



Additional special trips this summer.

For each of these canoe trips, you need to pre-register by contacting Rose Marie at Heavner Canoe Rental Huron River, Proud Lake State Recreation Area 2775

Garden Road, Milford, Michigan 48381 Phone: (248) 685-2379 Fax: (248) 684-7939 Email: AlonHeavner@heavnercanoe.com Web Site: <http://www.heavnercanoe.com/>

Moonlight Canoe Trips—weather permitting. Call the rental to confirm on the day of the event. All of these trips begin at Heavner Canoe & Kayak Rental at Proud Lake State Recreation Area.

Blue Moon Party Gather for a cookout and then paddle by the light of the blue moon. Afterwards, relax around a bonfire and snack on smores and anything blue.

Date: Saturday July 31st

Price: \$32 (includes dinner and rental) Double the fun by camping at Proud Lake Recreation Area.

Time: Dinner 7:30-8:30 p.m. Paddle 8:45-10:30 p.m. Bonfire 10:30 p.m.

Get Lunar Party (Lunar Eclipse Night) Be whisked through the waters in a canoe or kayak to watch the moon rise over the lake. Return for pizza, smores, hot chocolate, soda, and see the lunar eclipse beginning at 8:45 p.m.

Date: Thursday October 28th

Price: \$25 (includes dinner and rental)

Time: Arrive at 6:00 p.m. 6:30-8:00 p.m. Paddle. Dinner from 8:00-9:00 p.m. Eclipse at 8:45 p.m. & Bonfire (at two locations)

Tips for Keeping Dry on a Damp Hike.

by Pete Lamb

Pack Cover. A pack cover is a necessity on a wet hike. Just make sure it covers your pack snugly.

Broad brimmed hat. A broad brimmed hat dumps the water beyond the top of your jacket collar but watch that it does not fill your hood. It also keeps rain spots off glasses. Spraying the brim with citronella also keeps away black flies and mosquitoes.

Gaiters. Wearing your gaiters under your rain pants stops them from becoming funnels into your boots.

Long sleeved poly pro shirt. A long sleeve poly pro shirt stops the rain jacket from feeling wet and clammy on your arms. Also, hiking in shorts over a pair of thin poly pro long johns serves the same purpose.

Rain pants. Rain pants with full length leg zippers are easier to get on and off over boots. Vent them by partially unzipping them from the top between showers.

Mysterioso socks. Mysterioso socks from REI kayak department keep your feet warm and dry in both wet and hot weather.

Trash compactor bags. Since trash compactor bags are stronger than garbage bags, use them to keep things dry in your pack.

Tarp camping. Camping under a tarp (even when it's wet) gives you more room than in a tent. You can cook under cover, and when you get an inch and a half of rain while packing up, you just pack your stuff, put on your rain gear and your pack cover in the dry, and then whip down the tarp when you are ready to leave.

Tips for Snacks on the Trail

by Pete Lamb



If you have a dehydrator, you can make the following recipe for a tasty fruit snack on the trail.

- Take some over-ripe bananas and puree them in a food processor. Then add a few apricots and an apple. Spread the mixture about a ¼ inch thick on plastic wrap on the dehydrator shelves, and dry over night. Roll the dried mixture up and store in a ziplock bag in the refrigerator.
- You can vary this recipe with any fruit combination, but if you use berries add an apple so that you have enough pectin in the mixture to set. Puree the berries first. Then add apples after coring them, leaving the skins on, and cutting them into eighths. You can dip the apples into diluted lemon juice to prevent browning. You can also add a half a lemon, skin and all, to the mix.
- If the mixture you make tastes good in the blender, it will taste good dried.

You can also add spices, but just a touch as they get stronger during drying. Use ginger, cardamom, nutmeg, cloves, or allspice. I have even used hot sauce with strawberries, and the combination wasn't bad.

Backpack Pot Pie*

Total weight: 16 ounces – Weight per serving: 5.3 ounces – Total servings: 3

At home: In a dehydrator, thoroughly dry chicken, mixed vegetables and mushrooms. In a bowl, blend the dried chicken, vegetables, mushrooms, onions, garlic, Italian seasoning, parsley, buttermilk, and Cup-A-Soup mix. In another bowl, combine Bisquick and the contents of second packet of Cup-A-Soup. Divide each evenly into three separate bags and label each "Chicken Pot Pie A & B."

On the trail: After you reach your camp, add ¼ cup water directly into Bag B and knead until it becomes a dough. Keep sealed. Next, pour the contents of Bag A into a pot along with water that covers the mix by 1 inch. Allow to sit for at least 30 minutes. While setting up your camp, check periodically to see if you need to add more water to keep the ingredients from rehydrating. Once rehydrated, bring the contents of Bag A to a boil for about 2 minutes, making sure that the mixture doesn't dry out.

Reduce heat and pour the contents of Bag B on top of the contents of the pot. Either spoon the mixture on evenly and thinly or cut a hole at the bottom of the bag and squeeze the mix onto the chicken, being sure to smooth it out afterward. Cover and let simmer until Bisquick is cooked. Eat directly out of the pot.

Pam Coz-Hill, Visalia, California

Authors' note: We could not find Cream of Chicken dry soup mix at the grocery store. We were told by Lipton that it did exist but was hard to find. We substituted a broccoli and cheese soup mix, which worked well. To reduce fiber content, consider omitting the second packet of soup mix (found in Bag B).

*From *Lipsmackin' Backpackin'* by Tim & Christine Conners; Three Forks Press, 2000.

Bag A:

- 2 (5-ounce) cans of light chunk chicken
- 1 (16 ounce) package frozen mixed vegetables
- 8 ounces sliced mushrooms
- 1 tablespoon dried minced onion
- ½ teaspoon granulated garlic
- 1 teaspoon dried parsley
- 2 tablespoons powdered buttermilk
- 1 Packet Cup-A-Soup Cream of Chicken or Broccoli and Cheese
- 1 tablespoon Italian seasoning

Bag B

- 2 cups Bisquick
- 1 packet Cup-A-Soup (Cream of Chicken or Broccoli and Cheese)
- ¼ cup of water to add to Bag B

Nutritional Information per serving

- Calories-630
- Protein-32 g
- Carbohydrates-88 g
- Sodium-2,290 mg
- Fiber-7g
- Fat-16 g
- Cholesterol-70 mg

SOLAR is a non-profit Club with 400-plus members dedicated to the intelligent enjoyment of nature and outdoor pursuits.

Membership is only \$40 a year per person (\$55 per family) and includes discounts to a number of retail outfitters, access to club-owned equipment, a monthly newsletter, and a chance to meet hundreds of other like-minded adventurers drawn together by a common love of pristine lakes, breathtaking vistas, virgin forests and scenic shorelines, and the experiences to be found there.

SOLAR MEETINGS

Are held the first Tuesday of every month in Southfield at the Colony Hall, 21780 Evergreen (between 8 & 9 Mile Roads) at 7:30 p.m. Visitors can join in for free.

Solar Steering Committee

President	Tom Hayes	Equipment	Carol McGinnis
Vice President	Leo Szakal	Historian	Charles Hatley
Secretary	Cindy Taylor	Membership	Pammi Lopez
Treasurer	Reggie Hayes	Programs	Linda Rodrick
Activities	Pam Riehl Szakal	Pub. Relations	Mary Price
By-Laws	Gloria Fontaine	Solar Ray	Pete Lamb
Education	Gene Cordeva	Webmaster	Karl Overhaul
At Large:	Mike Banks • Moe DeFrance • Al Tyjak • Steve Gardner • Bill Halvingis • Cindy Harrison-Felix • Doug Lanyk • Larry Martin • Joan Lettinger • Leslie Cordova • Joan & Bob Westbrook • Tom Olotto		

SOLAR Steering Committee Meetings—The Steering Committee meets on the last Tuesday of every month at 7:30 p.m. These meetings are usually open to the general membership. Any one who is interested in learning what topics are discussed, the decisions being made, or contemplating running for a position on the Steering Committee, is welcome to attend. If you are interested in attending the Steering Committee Meeting, contact Tom Hayes at (586) 778-3589 or thomas Hayes@wideopenwest.com.

SOLAR RAY is a monthly publication of SOLAR and is sent free to current dues-paid members. If you change your address please tell the membership chairperson, Pammi Lopez at 248.644.3831 or pammi@solaraoutdoors.org.

Submission Guidelines:

(Submissions are due on the Friday two weeks prior to the monthly Steering Committee Meeting (July 9 for August issue). Electronic files accessible to Word are required.) Pete Lamb, 409 E. Southlawn, Birmingham, MI 48009 Or call 248 644-3831 E-mail: Pete.lamb@solaraoutdoors.org

VISIT OUR WEBSITE: WWW.SOLAROUTDOORS.ORG



S.O.L.A.R.
P.O. Box 2438
Southfield, MI 48037